



**The
Nutrition
Society**

Free Membership Scheme

*Everything you need to know to make the most of
your free membership*

What is The Nutrition Society?

The Nutrition Society is a diverse community of nutritional science professionals with the independence to challenge, question and push forward the field of nutrition.

We welcome members from around the world, regardless of their level of expertise and we aim to support students in their career development as the next generation of nutritional professionals.

Free Undergraduate student membership

As part of this support for students, we are starting a three-year FREE membership trial from September 2023.

This trial involves offering free University Group Membership to all UK and Irish undergraduate students on a nutrition related BSc degree.

The Society can inspire and support you in your education and future career.

Free membership benefits

Save Money

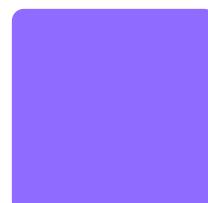
- 35% discount on textbooks
- Free access to the Nutrition Science Collection database (Subscription to the Nutrition collection is normally £990 for 12 months)
- Discounted rates to Conferences (up to 70% off conference registration fees)
- Discounted rates to the Nutrition Society Academy Webinars (up to 50% off subscriptions)

Improve your knowledge

- FREE bi-monthly Journal Club
- Discounted subscription to The Nutrition Society Academy webinars
- Monthly e-Newsletter
- Member-Connect (member-only online community with external nutrition news and events, opportunity to connect with other members)
- Join a Special Interest Group
- The twice yearly 'Gazette'

Further your career

- Nutrition Futures (careers and science event exclusively for students)
- Careers resources on Member-Connect (case studies and webinars)
- Student Section monthly careers webinars
- Apply for a Student Ambassador Role, learn new skills



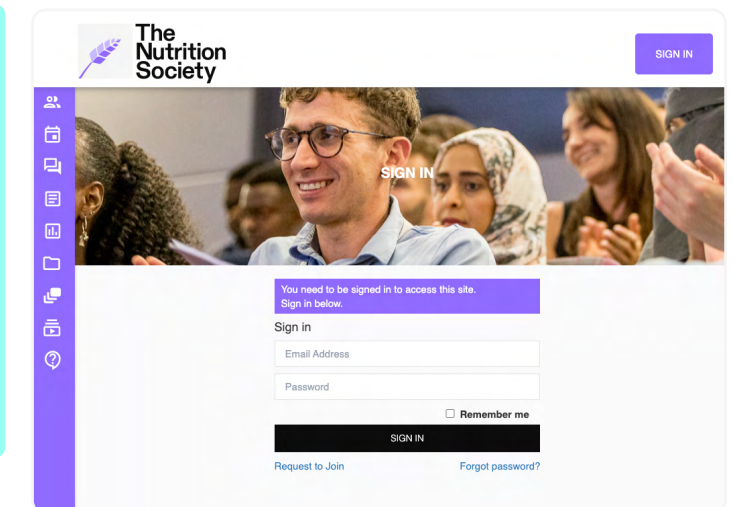
Career Support resources

The Society's Career Support pages offer a library of resources that you can share with fellow students including tips to prepare for the job market, awards to enhance your CV, and career case studies to inspire you to pursue a career in nutrition.



Guide to posting on Member-Connect

Member-Connect is the Society's members-only platform. Here you can connect and interact with other members, join forum discussions, and promote news and events in your area. This helpful guide shows you how to upload information onto the platform.



Why attend our conferences

Nutrition Futures Conference

Reasons to attend



The Society hosts a number of conferences every year for students, graduates, researchers and HCPs. Anyone in the field of nutrition can benefit from joining.



Build your CPD Portfolio

Enhance your skills and knowledge and get a CPD certificate after attending.

Make new connections

Meet other students, graduates and nutrition professionals and build new relationships to help your career.

Stay in touch with the science

Access the latest nutrition science from world renowned speakers on variety of nutrition topics.

Share your research

Present your latest research findings and get feedback from nutrition experts. A first step to getting your name known in the nutrition field.



Want to find out about different career paths?

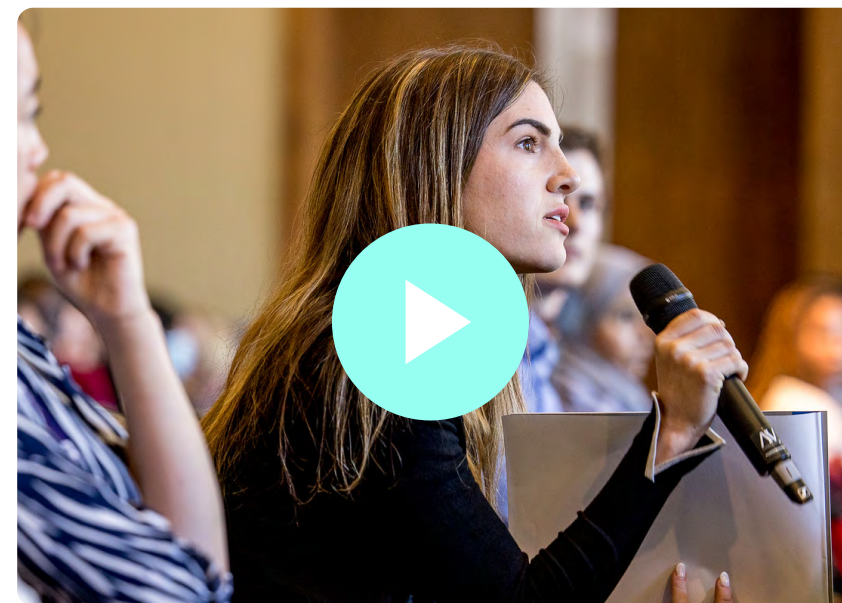
Join Nutrition Futures, a Nutrition Society career-focused event, taking place annually in September.

This exclusive two-day event will provide you with the opportunity to:

- Meet other students at the same stage as you.
- Make new friends and contacts.
- Present your own research findings in a friendly and supportive environment.
- Get professional feedback on your own CV.
- Ask those burning questions of our inspirational careers panel.
- Improve your job-hunting strategy.
- Learn how to stand out from the crowd.

Organised by students for students, the event offers a really friendly and supportive environment from only £55 for two days.

Invest in your Nutrition Future and join us next year!



Nicola-Jayne Tuck says

Wise words from an inspiring careers panel at #NutritionFutures22: "be brave, don't fear failure, say yes to opportunities outside of your comfort zone"

Lena A says

This was me last year, thinking about whether to put in an abstract. I did, and guess what? I WON, the experience was 100% fantastic, definitely a PhD highlight!

Erika R says

#careerhighlight at #NSSummer23 last week. Thank you to @NutritionSoc for the opportunity to present my review on #vitamind enriched foods.

Kabale Oke says

Last year I attended the first in person Nutrition Futures held at the University of Coventry post covid. It was highly informative, well organised and offered networking opportunities with experts in the nutrition science field, researchers and fellow students. Highly recommended for all nutrition science students.

Buddy Scheme

The concept

The buddy scheme was launched in 2021 by the membership team. This initiative was created to help members to make new contacts and feel more at ease with attending a conference.

The Membership team will pair student or graduate members who are also attending alone.



Winter Conference 2022/23 Buddies

Rispah Ng'ang'a, University of East Anglia says

The buddy scheme is an excellent opportunity to meet other graduates and make new friends. My buddy and I started communicating a few days before the conference and realized that we had so much in common. The scheme is a great way of expanding one's network and learning about other students' research and future collaborations.

Nutrition Society Academy

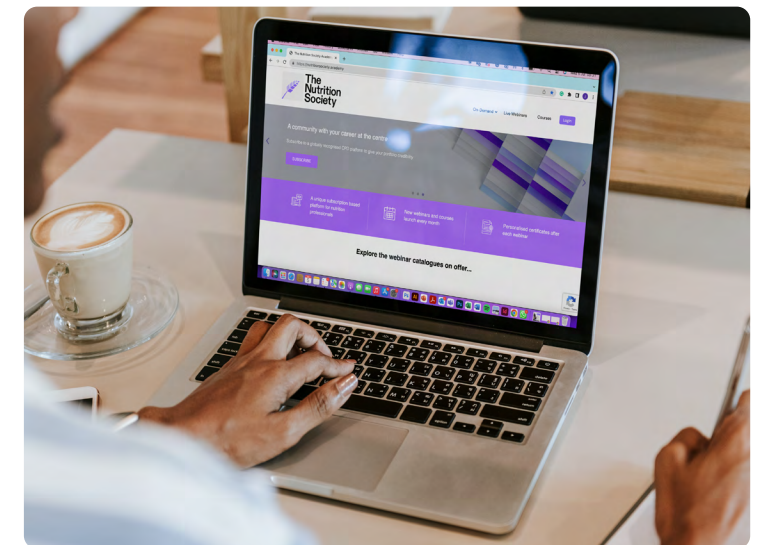
Power up your career with the Netflix for nutrition

The Academy's platform, brought to you by **The Nutrition Society**, provides you with **webinars and courses** to develop your nutritional science knowledge and **enhance your professional skills**.

Subscription will give you unlimited access to all content, enabling you to power up your career.

Subscribe today

- to access the latest evidence-based nutritional science from world leading experts via webinars and courses
- to give credibility to your Continuing Professional Development (CPD) portfolio with training that is endorsed by globally recognised organisations
- to keep track of your progression with personalised certificates



Alina Morozova says

I started to use Nutrition Society Academy (NSA) back in May 2023 and I found it very useful. The platform is 'user friendly', and it gives you access to the 'hot topics' lectures from the experienced specialists in their field. I think it is a great opportunity to enhance your knowledge with up-to-date evidence-based information, which comes in combination with an expert opinion. I was pleasantly surprised with the lecturers' response to my requests regarding the courses I was going through on the NSA platform. In addition to a very well-designed delivery of a service, you will receive a verified CPD certificate. NSA subscription is, definitely, a valuable investment in your personal professional development.

Volunteer opportunities with us



Student Ambassador

The Ambassador Programme is used to create a link between universities, students, and the Society. It seeks to foster links with the universities and spread the word about the work of the Society and its membership, delivering a range of activities, training, and events. All Ambassadors need to be Society Members.



Student Section

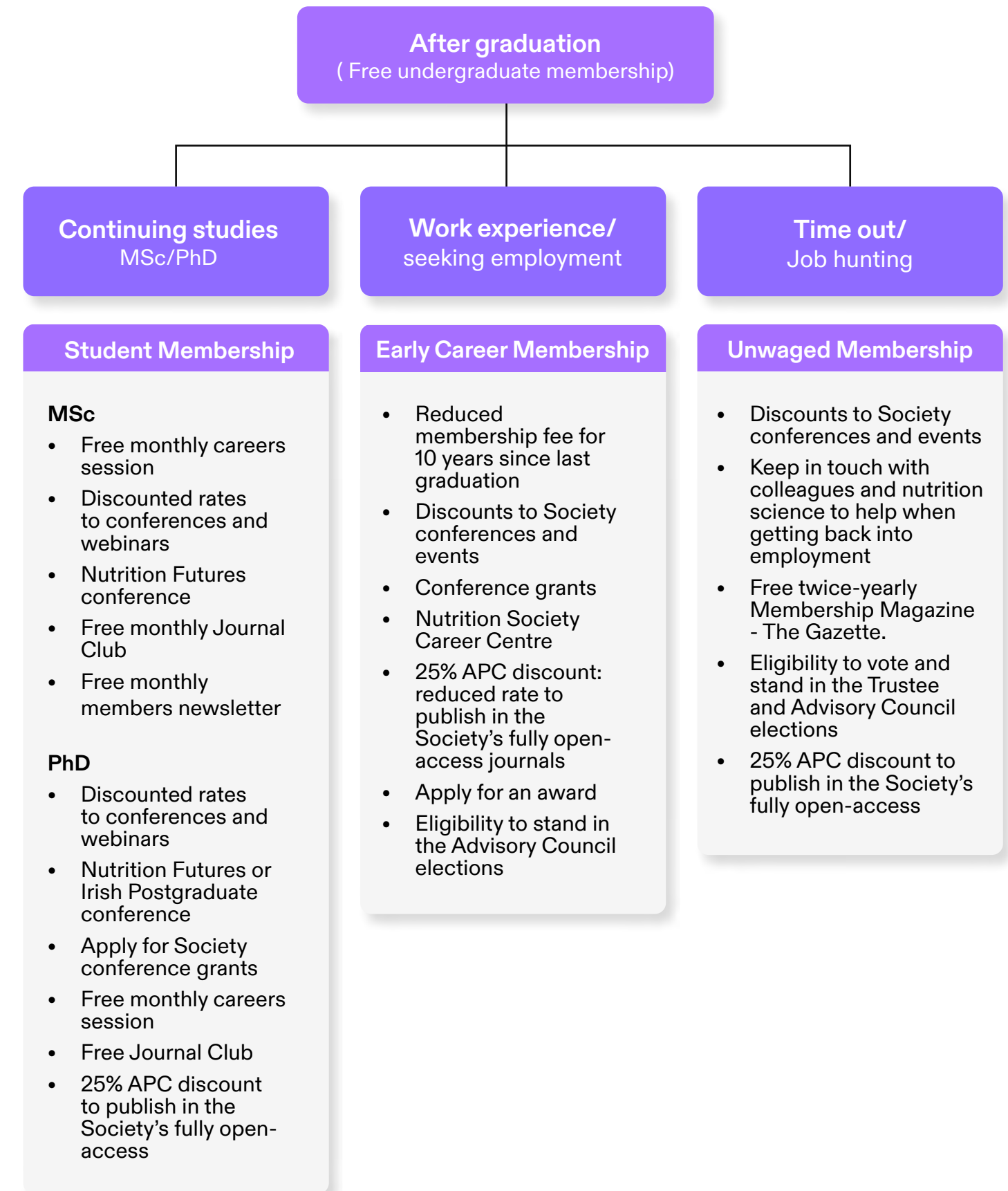
The Student Section is a group of student volunteers from different universities, chaired by the Student Section Chair. Anyone can apply to be a part of the Section, but for reasons of continuity, it is always better if you have at least two years of your degree left to go when sitting on the Section. You will be able to gain new skills, learn from others and meet some interesting and useful contacts.



Lauren Devine, Ulster University says

I was delighted to take on the role of Irish Section Student Representative in 2020 and to have worked alongside two other fantastic student representatives Laura Kirwan and Lisa Kelliher over my two-year term. Being Student Representative has been an invaluable experience and I am very grateful for all of the opportunities throughout this role, such as working with members of the Nutrition Society committee, representing nutrition students, organising conferences and events, chairing at conferences and gaining social media skills (to name a few) and I would really encourage any interested students to apply to this role and get involved with The Nutrition Society.

What happens after graduation?





Top benefits for you as a Student member

My benefits



If you are a Student member, find out about the key benefits we provide.



35% Discount on textbooks

Save 35% on the Society's fully peer-reviewed textbook series - an excellent resource for your nutrition related course.

Free Monthly Journal Club

Discuss and engage with the latest research papers, develop your critical appraisal skills and communicate research findings with others, hosted by the Academy.

Free Monthly 'Careers Session'

Gain an insight into nutrition related careers and how to get there.

Discounted rates to Conferences and Webinars

Start or continue your Professional Development and ensure you are ready to register with the AfN. Meet others within the nutrition field to open doors for career progression.

IFIS Nutritional Science Collection

FREE access to the nutrition research database worth £990.





University Group Membership

Questions & Answers for Students

How can I connect with other student members if I join the Nutrition Society?

You can connect with other students, via Member-Connect our member-only engagement platform, and in person at our conferences and events. We offer a buddy system too, so you don't have to go alone. Nutrition Futures in September is the must-attend conference for students, see them present their research, hear the speakers talking about many careers-related topics, and watch the ever-popular careers panel where you can pose all those burning questions to our experts.

Will I be able to access the Journal Clubs for free if I'm a University Group Member?

Yes, and these are a great way to learn how to critique and appraise scientific papers.

Can I cancel my membership at any time if I need to?

You are free to cancel your membership at any time, but you will instantly lose access to all those useful benefits.

Does my membership allow me to go to the conferences held throughout the year?

Yes, your membership will give you discounts to all our conferences and events. They are held in venues around the country and are always friendly and welcoming, plus you get to rub shoulders with some well-known and innovative nutritionists in industry, sports, and academia.

Will this membership look good on my CV?

It will look good on your CV as it demonstrates commitment to your subject and a willingness to keep up to date with your subject area. You can also get more involved with the Society and any skills and experience you gain will also boost your chances of standing out from the crowd.

Do all nutrition students at my university have to sign up for me to get free university group membership?

We cannot accept individual members for the free membership, and we would like a staff member to be the central point of contact to make it all easy to administer. If your university does not wish to take part, then please contact us for further consideration.

What do I gain with the free membership?

You can receive lots of useful benefits for now and for your career after university.

These benefits include:

- Saving up to £101.73 on Nutrition Society textbooks with our 35% member discount.
- Free monthly journal club to improve knowledge and critical appraisal skills.
- Free online careers sessions to highlight potential career paths.
- Saving up to £50 a year with 50% discounted rates to the Society's Academy webinars at only £4.99 a month
- Free access to the Nutritional Science Collection research database– a curated and subject specific database of over 400,000 nutritional science paper, all tagged with keywords to make searching easier. A saving of £990 on a personal subscription.
- Discounted rates to conferences including 'Nutrition Futures', our careers and science conference just for students.

When I graduate, do I then have to pay for my membership?

The free membership is a pilot project for three years and for undergraduates only, so anyone outside of those three years will have to pay for their membership. This is no different if you paid as a Student Member and graduate, as you will then move onto Early Career membership which will run for ten years after your graduation at a reduced rate. If, however, you decide to move on to do further study as a student, then you can apply for Student Membership at £20 whether you are doing a postgraduate diploma, an MSc, or a PhD.

Does the free membership give me full student access or is there anything I may have to pay for?

There will be things you have to pay for such as conferences and webinars etc, but these are optional and none of the core benefits you will have to pay for. There are some benefits reserved for paying students, but they are more suited to MSc and PhD students anyway.

Will my membership be free for as long as I'm a student?

Your University Group Membership will only be free as long as you remain at a participating university and have not yet graduated, and provided it is within the three years of the project pilot. If for example you join as a first-year student undergraduate during the second year of the pilot, then you may only get two years for free, if the pilot is not made permanent.

What do these acronyms mean?

Demystifying some of the acronyms you may see or hear other members of the Society use:

Abstract – A summary of a piece of research

OC – Oral Communication, an in-person presentation of an abstract at a conference or symposium.

Poster – A visual representation of the abstract displayed as a poster and presented in a shortened form

LiC – Members located in low or lower-middle-income countries as designated by the world bank

PNS – Proceedings of The Nutrition Society Journal. All abstracts in the journal are from presentations made at Society Conferences.

BJN – British Journal of Nutrition, produced by The Nutrition Society.

Meet the team

Meet the team behind the programme

If you have any questions about your free membership, please get in touch with Luwam and Alison who will be looking after the programme and its members.



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